

## TEARS IN HIS BOTTLE

### Day 3: When You Don't Know What to Say

**Scripture:** *“The Spirit himself intercedes for us through wordless groans.”*  
— Romans 8:26b (NIV)

#### Devotional Thought:

There are moments in grief when words simply won't come. You may sit in silence, too tired to pray, too numb to express what's going on inside. It's not that you don't want to talk to God—it's just that the pain is so deep, it leaves you speechless.

And that's okay.

Romans 8:26 reminds us of a powerful truth: **You don't have to find the right words for God to hear your heart.** When we're too overwhelmed to speak, the Holy Spirit steps in. He intercedes on our behalf with “wordless groans”—a holy language of compassion, understanding, and presence. This means you are never alone in your prayers. Even when your mouth is silent, your soul is not. God hears the cries of your heart—the groans, the sighs, the ache behind your silence. The Holy Spirit carries your grief to the throne of God, speaking on your behalf in a way deeper than words. Some people worry that their grief makes them weak in faith. But silence in sorrow is not faithlessness—it's often a sacred surrender. A holy letting go. The pressure to pray perfect prayers, to “say the right thing,” is lifted. God isn't grading your prayers. He's holding you in them.

#### Reflection Questions:

1. Have you ever felt guilty for not being able to pray during grief? What does this Scripture say about that?
2. What emotions or thoughts have you been holding inside that you're afraid to bring to God?
3. How does it feel to know that the Holy Spirit is praying for you—even now?

### **Practical Step for Today:**

Take a few minutes today in silent prayer. Don't try to form words. Just sit with God in stillness. Let your breathing be your prayer. If emotions come, let them. If nothing comes, that's okay too. Trust that the Spirit is already speaking on your behalf.

If helpful, write out a one-sentence prayer such as:

*"Holy Spirit, I don't know what to say—but You do."*

### **Prayer:**

God, There are no words today—just sorrow. I'm tired. I'm empty. I don't even know what to pray. But thank You for giving me Your Spirit to pray for me. Thank You that You understand my silence and hear what I can't say. I rest in the truth that You are listening, even when I can't speak. In Jesus Name We Pray, Amen